



WORD-FILLED IN 2026

James 1:19-25 | Page 586

Most Common New Year Resolutions

Source: Monroe News



Most Common New Year Resolutions

- Exercise - 25%

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Most Common New Year Resolutions

- Exercise - 25%
- Be happy - 23%

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Most Common New Year Resolutions

- Exercise - 25%
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- Eat healthy - 22%

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Most Common New Year Resolutions

- Exercise - 25%
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- Save money - 22%

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- Be happy - 23%
- Eat healthy - 22%
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- Improve physical health - 22%
- Lose weight - 17%

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Most Common New Year Resolutions

- Exercise - 25%
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- Lose weight - 17%
- Improve mental health - 16%

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Most Common New Year Resolutions

- Exercise - 25%
- Be happy - 23%
- Eat healthy - 22%
- Save money - 22%
- Improve physical health - 22%
- Lose weight - 17%
- Improve mental health - 16%
- Others
 - Travel
 - Quit a bad habit
 - Get a new job
 - Volunteer more

Source: Monroe News



and like newborn babies, long for the pure milk of
the word, so that by it you may grow in respect to
salvation,

1 Peter 2:2 (NASB)



I have no greater joy than to hear that my children
are walking in the truth.

3 John 4



Big Idea

We resolve to pursue God's Word as if our lives depend upon it.



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James 1:19-25

BIG IDEA:

We resolve to pursue
God's Word as if our lives
depend upon it.

1. I MUST SLOW
MYSELF DOWN TO
HEAR THE WORD



- Applies to you at home



- Applies to you at home
- Applies to you at church



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James 1:19-25

BIG IDEA:

We resolve to pursue
God's Word as if our lives
depend upon it.

1. I must slow myself
down to hear the
Word

2. I MUST COUNSEL
MYSELF TO BE
TEACHABLE TO
THE WORD



Not many of you should become teachers, my brothers, for you know that we who teach will be judged with greater strictness.

James 3:1



Guard your steps when you go to the house of God.
To draw near to listen is better than to offer the
sacrifice of fools, for they do not know that they are
doing evil. Be not rash with your mouth, nor let
your heart be hasty to utter a word before God, for
God is in heaven and you are on earth. Therefore
let your words be few.

Ecclesiastes 5:1-2



For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

Hebrews 4:12



All Scripture is breathed out by God and profitable
for teaching, for reproof, for correction, and for
training in righteousness,

2 Timothy 3:16



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BIG IDEA:

We resolve to pursue God's Word as if our lives depend upon it.

1. I must slow myself down to hear the Word
2. I must counsel myself to be teachable to the Word

I. I MUST BEWARE
OF AN ANGRY
RESPONSE TO THE
WORD



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James 1:19-25

BIG IDEA:

We resolve to pursue God's Word as if our lives depend upon it.

1. I must slow myself down to hear the Word
2. I must counsel myself to be teachable to the Word
3. I must beware of an angry response to the Word

APPLY TO LIFE

1. How healthy would our church be if everyone's response to the Word was like mine?
2. What would eagerness look like for me?
3. What do I need to confess to get out of the way to receive the Word?